

the sun shining,

the breeze blowing,

# the tick crawling up your leg!



Stick to main pathways, keep out of high grass and shrubs, and avoid walking in the woods where ticks might live.



Use clothes to protect your arms, legs, and body.



Use insect repellent on your clothes or exposed body parts. Don't use repellent on infants, and always follow the directions on the label.



Do a tick check! Check yourself, your kids, and your pets. Use your fingertips to feel for tiny bumps on hair and skin, and look for any new "freckles" or spots.



Ticks are much smaller than this.

Lyme disease is one of several serious illnesses spread by ticks in Massachusetts. One of the early signs of Lyme disease may be a "bull's eye" red rash. Other signs are tiredness, fever, and joint pain. Lyme disease can be treated. Talk to your doctor right away if you think you might have Lyme disease. Call your local board of health or the Massachusetts Department of Public Health for more information.

Massachusetts Department of Public Health  
Bureau of Communicable Disease Control  
617-624-5400